

**UNITED STATES MARINE CORPS**  
**SEMPER FIT THE ULTIMATE HEALTH & FITNESS CLUB**

Camp Lejeune announces the PT Coordinators 2004 Course 12-16 July.

All classes are held at Camp Lejeune. This course is designed for Marines and Sailors who are in charge of their unit's physical training program and/or BCP program. This 4-½ day course is a combination of lecture with topics on Exercise and Fitness, as well as practical sessions each day. By the end of the course, you will be able to design a safe and effective physical training program for your unit, your remedial group, and for an individual.

This program has been reviewed and endorsed by the American College of Sports Medicine. This does not reflect endorsement of the sponsoring organization, certifications, or products.

Course content includes: Basic Anatomy, 5 Components of Fitness, Flexibility, Exercise Prescription, Circuit Lecture, Circuit Training Workout, Swimming Programs, Pool Circuit, General Nutrition/Nutrition for Weight Management, Injury Prevention, Review & Foot Typing, Developing Effective Running Programs, Track Workout, Motivation & Performance, Periodization, Sports Nutrition, Safety & Weight Training, MCPFTBCP, Group Fitness Assessment, Deployment Circuit, and a case study where participants develop a physical training plan for their unit or remedial group.

**Unit PT/BCP Leaders will be required to bring PFT/PFA scores for those under their charge and will be asked to provide the scores from their first test following the course.**

To sign up, contact:

Tanya Ruckh

Personal Training/Workshops Coordinator

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